FOOD Inc. Recommended Actions

✓ You can vote to change this system. Three times a day.
✓ Buy from companies that treat workers, animals and the environment with respect.
✓ When you go to the supermarket:
  • Choose foods that are in season.
  • Buy foods that are organic.
  • Know what’s in your food.
  • Read labels.
✓ Know what you buy. The average meal travels 1500 miles from farm to supermarket.
  • Buy locally.
  • Shop at Farmer’s Markets.
  • Plant a garden.
✓ Cook a meal with your family and eat together.
✓ Everyone has a right to healthy food:
  • Make sure your Farmer’s Market takes food stamps.
  • Ask your school board to provide healthy school lunches.
✓ The FDA and USDA are supposed to protect you and your family. Tell Congress to enforce food safety standards and re-introduce Kevin’s Law.
✓ If you say grace, ask for food that will keep us and the planet healthy.

You can change the world with every bite.

Hungry for Change? Go to takepart.com/foodinc